



References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille please email the Patient Information team patient.information@ulh.nhs.uk



Head Injury Discharge Advice

Children's Services

Lincoln County Hospital
Pilgrim Hospital, Boston
www.ulh.nhs.uk

Please read this leaflet carefully before leaving the ward. If there is anything that you do not understand please ask.

At Home

It is important that you observe your child carefully over the next few days. It is advisable to stay at home for the first 24 hours with your child. They need plenty of rest and should avoid stressful situations.

Complications are rare, but if any of the following signs occur it is important that your child is seen by a Doctor or is brought back to the hospital Accident and Emergency department as soon as possible.

- **Vomiting** - where your child is sick more than twice.
- **Seizure/fits** - making uncontrolled jerky or twitchy movements.
- **Excessive sleepiness** – and difficulty waking your child. This may show up in a tendency for your child to fall asleep at unusual times and places. However, it is important to remember that your child may be tired due to regular observations having been carried out over the night following admission to the ward.
- **Squint** – where your child's eyes look in different directions.
- **Pupil size** – any difference in the size of pupils (the black circular area in the centre of the eye).
- **Weakness or loss of movement** – in the arms and/or legs.
- **In babies** - has a higher pitched cry than normal.

Mild headaches can be treated with Paracetamol but if the headache is not relieved seek medical advice.

Your child may feel some other symptoms over the next few days which should disappear in the next 2 weeks. These include a mild headache, feeling sick (without vomiting), dizziness, irritability or bad temper, problems concentrating or problems with memory, tiredness, lack of appetite or problems sleeping.

School

Advice about when your child may go back to school will vary depending on the extent and type of injury. Generally 2 to 4 days at home are usually sufficient. It is advisable to inform your child's school about the circumstances and the type of injury so that they are aware. Contact sports e.g. football, rugby, etc should be avoided for 2 weeks. A reduction in the amount of television and computer console use is recommended for 2 to 4 days. No follow up appointment will be necessary in most cases.

Feedback is always welcome - if you have any comments on this leaflet please talk to a member of the ward team or inform us in writing.



George aged 8 years

Following discharge from the ward - if you are concerned it is important that your child is seen by a doctor.

Telephone:

Safari day unit, Lincoln 01522 573172
Rainforest ward Lincoln 01522 573786
Children's ward Boston 01205 445563

or contact your Hospital Accident and Emergency department or your GP (Family Doctor)